

**ABSTRACT OF THE DISCLOSURE**

The water holding capacity of meat is improved by agitating the meat at an alleged temperature with the processing solution and by maintaining the agitation temperature with precision. A preferred temperature is in the range of 45° to 60°F and the agitation is preferably a massaging action after injection of the liquid into the meat. The heating or agitation at the elevated temperature can be carried out in one vessel while the subsequent cooling is carried out in at least one second vessel.

db/ef